

Minimum requirement to achieve this grade, 3 months continual training and 21 lessons.

Section	Technical requirement for grade	English Translation
1 Basic Blocks in Yoi & Kamae <u>A minimum of 3</u>	Gedan Bari Jodan Uke Chudan Uke Shuto Uke	Downward block Rising Block Middle Block Knife hand block
2 Basic punch From Kamae <u>Minimum of 3</u>	Gyakuzuki Oi Zuki Meaken Zuki	Reverse Punch "Stomach" Step punch "face" Lead hand punch
3 Basic Stance <u>Minimum of 2</u>	Zenkutsu dachi Shiko Dachi Nekoashi Dachi	Standard Forward Stance Horse stance Cat Stance
4 Kicks <u>Minimum of 3</u>	Mae-Geri Yoko Geri Ushiro Geri Mawashi Geri Kake Geri	Front Kick "Stomach" Side Kick Back Kick Roundhouse Kick Hook Kick
5 Shukokai Combination <u>Minimum of 3</u>	Kihon renraku waza	No 1 , No 2 , No 3, No 4
6 Kata <u>Both</u>	Shiruzuken Pinan Nidan	Kata , Form
7 Hokai Kumite	Pinan Nidan	Preset attack and defence against a imaginary opponent
8 Sensei's Input	Zanshin	Sensei's overall input on the student

All students must have a in date association licence to grade ,no exceptions